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homemakers' chat
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U. S. DEPARTMENT OF AGRICULTURE

Tuesday, Sept. 22,1942

9 3Hh

QUESTION BOX:

Lunch for night worker?
How cook beef marrow?
Desserts made with evaporated milk, little sugar?
How get rid of boxelder bugs?

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U. S. Department of Agriculture

ANSWERS FROM:

Scientists of the U. S. Department of Agriculture

--ooOoo--

Wartime conditions are changing many of our household ways, and bringing new problems to homemakers. One of the letters in the mail bag today asks about packing a box lunch for a war worker whose shift comes from 10:00 p.m. to 7:00 a.m. Another woman writes that she has heard that you can cook the marrow in a beef bone and wants to know how. Saving sugar and using evaporated milk are the next problems on the list. The last writer has an insect pest to get rid of. The scientists of the U. S. Department of Agriculture are on hand with answers to these inquiries.

Let's read the letter about packing a midnight lunch. It says: "My husband works in an airplane factory, from 10:00 p.m. to 7:00 a.m. He eats lunch around 1:30 a.m. Please tell me what sort of a lunch to pack. He has a hearty dinner with the family about 6:00 o'clock, and, of course, gets his breakfast when he comes in, soon after 7:00 in the morning."

The home economists answer that planning the right kind of lunch requires considering the other meals of the day, as this housewife has. Ordinarily, a workingman's lunch, eaten at noon, needs to provide about a third of his total food for the day. But since this man is able to have hot vegetables and other substantial foods at supper time, before he goes to work, the lunch he carries needs only round out the requirements for a good day's normal needs. For any normal adult, these needs are:

2 to 3 cups of milk; 1 serving of a food rich in vitamin-C; 1 serving of a leafy green or yellow vegetable; 2 other servings of vegetables and fruits; 1 egg .

(or at least 3 or 4 a week); 1 serving of lean meat, poultry or fish; or sometimes dried beans or peas; 2 servings of whole-grain products or enriched bread; some fats; and some sweets.

When you look that list over and check your breakfast and dinner menus against it you can see what remains to be supplied. Probably his lunch should have a pint of milk, which you can put in the thermos bottle; a fruit or a salad; more whole-grain bread and something to eat it with- the makings of a sandwich, meat, chicken, fish, eggs, or cheese; butter on the bread or some other spread; something sweet, which may be the fruit.

Right now cheese is about your first choice for sandwiches because there's plenty of it. Also cheese is a "natural" for eating late at night- that's when many people enjoy it most. Other very satisfying sandwiches that are high in protein are made with fillings of egg, mashed beans, meat, and peanut butter.

You can fry eggs firmly and season them with catsup, or you can hard-cook the eggs and slice or chop them for sandwiches. Lettuce is optional, but egg salad sandwiches appeal to many as more tasty than plain eggs. Mashed baked beans, with or without catsup, are tops with brown bread. So are cooked dry soybeans, either sieved or ground in a food grinder. You can season the soybean filling with chopped onion, chopped celery, chopped cabbage, or other greens, with salad dressing or milk mixed in to make it soft enough to spread.

A whole chicken leg or a couple of wings, to eat right in the hand, makes a good change from sandwiches once in a while. Buttered biscuits or muffins, will go well with the chicken, even if they're cold. Other things to tuck into the lunch-box are blocks of cheese, devilled eggs, cookies, tarts, plain cake,

or nut bread sandwiches.

Even if it takes a little more time it pays to pack the lunch so it looks appetizing, and to get as much variety from day to day as you can. Rule out foods that are moist or messy to eat.

So much for the night lunch. Now for the letter asking how to cook the marrow in beef bone. Saw marrow bones, the large bones of the leg, in sections about 2 to 3 inches long. Cover each open end with a flour and water dough, and tie in a piece of cloth. Boil the pieces for an hour. Then remove the cloth and the dough and serve the sections of marrow bone piping hot on pieces of crisp toast.

Marrow cooked in this way is very light colored and delicate in flavor and texture. More of the fat will cook out if you don't use dough, but it helps to tie the pieces of bone in cloth. Boil 30 to 45 minutes. You can also cook the marrow without the bones if you tie it in a floured cloth and simmer it in water. Another way is to slice the marrow, sprinkle with salt, pepper and flour, and fry slowly to a delicate brown.

Here is the third letter. It says:

"Please suggest some milk desserts that don't take much sugar. I would like to use evaporated milk in making them."

You can use evaporated milk in almost any way you use fresh milk, after you have diluted it with an equal quantity of water. As for saving sugar, you can substitute honey, maple sirup, molasses, sorghum, or cane sirup for sugar in making most of the ordinary milk puddings and desserts. For example, in custards — both soft and baked and floating island, creamy rice pudding, cornstarch puddings of different flavors, baked Indian pudding, and cottage pudding with liquid fruit or custard sauce.

Last question: "How can I get rid of boxelder bugs that have come in the house in great numbers this month?"

Get a fly spray that contains pyrethrum, the entomologists advise. When the insects are temporarily paralyzed by the spray you can sweep them up and burn them or put them in a pail of oily water. On warm fall days--in "Indian summer"- boxelder bugs cluster on sunny outside walls of a house, and you can easily brush them off into a pail containing oil, or water and kerosene. Apparently the boxelder bug is a nuisance chiefly in localities where the boxelder or ashleaf maple grows. If the trouble has persisted year after year, you may have to get rid of your boxelder trees. The bugs feed on the foliage. They don't do any harm in the house, the entomologists say.

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